

Aloe Vera **(Systemic)**

Latin name: *Aloe barbadensis*, *A. ferox*, *A. africana*, *A. spicata*

Family: Liliaceae

Miscellaneous:

- Composed of the dried, yellow latex part of plant.
- Should never be confused with aloe gel, the wound-healing, colorless mucilage.

Uses:

Cathartic. Aloe is endorsed by Commission E for this use.¹

Mechanism:

The active constituents responsible for this indication are the anthraquinone glycosides, aloin A and B. This part of the plant is harvested from pericyclic tubules found directly beneath leaf's epidermal layer.²

Contraindications/Side effects:

Pregnancy/breastfeeding. Can be overly powerful. Occasional abdominal pain, cramps, and loss of K⁺. Do not take for extended periods of time.

Citation References:

1. Duke, J.: *The Green Pharmacy*: 1997, pp. 174-175.
2. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 61.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 61.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 7-8.
3. Duke, J.: *The Green Pharmacy*: 1997, pp. 174-175.